

Fitness and Rhythm

Discover how moving to a beat can improve your workout

Have you ever found yourself tapping your foot to the beat of a song, or gotten lost in the chimes of church bells? It's easy to do. Rhythmic sounds surround us, from heartbeats to telephone rings to a baby's crying. And you can use rhythm to enhance your workout.

"Following a beat can motivate you, soothe you, and be incorporated into almost any fitness routine," says Tahya of Whitehall, a movement artist who teaches a new Healthy You class called FitRhythms™. "It combines live drumming and dance for an exciting, noncompetitive group workout that's proven effective."

To include rhythm in your workout:

Listen to music while walking or running, synchronizing your steps to the beat. Choose a slow song for a light workout, a faster beat for more strenuous activity. As your heart rate increases, you'll strengthen it and burn more calories.

Clap your hands, bang a drum or shake a tambourine, creating rhythms as you move. It helps relieve stress by prompting your body to release "feel good" endorphins. Include your family, giving each person a different instrument. You'll be amazed at the positive attitude you can create.

Dance. Put on music (or drumbeats) to inspire you, and explore different movements. Remember, there are no wrong steps!

Observe your personal rhythmic pattern while swimming, running or biking. It will motivate you to exercise longer and farther, and also calm your mind.

Whether you're a champion athlete or wheelchair-bound, rhythm can benefit your body and mind. "Studies show drumming can even boost your immune system," Tahya says. "In our fast-paced society, it's easy to get lost in e-mails and cell phones. Rhythm helps us take a break from our work and worries and reconnect with our bodies." ●



Enjoying FitRhythms are (top) Robyn Achey of Slatington; (middle, l-r) Laurie Smith of Allentown, teacher Tahya and Carol Strebog of Easton; (bottom, l-r) Nicolle Cruche, Lori Keks and Sheila Conville, all of Allentown.

Sign Up Now!

FitRhythms Preview

Dec. 2, Jan. 13
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Want to Know More about FitRhythms and more Healthy You fitness classes that incorporate rhythm? Call 610-402-CARE or visit www.lvh.org/healthyyou.